

# How Stroke May Affect You?

Stroke does not affect individuals in a similar way. Thus a stroke patient may not experience all the consequences of stroke.

## MOBILITY AND ACTIVITY OF DAILY LIVING



- You may experience weakness on one side of your body or problems with coordination and balance. This may cause you to have difficulty moving around and carrying out daily routines such as feeding, showering, and dressing.

\* Refer to *Physiotherapy and Occupational Therapy fact sheets* for more information.

## NUTRITION



- You may have difficulty swallowing and may need to be on a special food consistency or nasogastric tube feeding. Supplements may be prescribed to meet your daily nutritional requirements.

\* Refer to *Swallowing Difficulties fact sheet* for more information.

## COGNITION



- As a result of stroke, you may have poor memory attention or difficulty with thinking and reasoning. These difficulties may affect your ability to perform certain tasks and make decisions.

\* Refer to *Cognitive Issues fact sheet* for more information.

## CONTINENCE



- You may experience difficulty controlling your bladder or bowel movements. This may be due to the damage in the area of the brain, or a decrease in mobility.

\* Refer to *Bladder and Bowel Issues fact sheet* for more information.

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## EMOTIONAL CHANGES AND TIREDNESS



- Feelings of fatigue, anxiety, anger, or depression are common after stroke. These may be normal responses to what has happened.
- In some cases, they may require specific treatment. Do inform your stroke care team if you are experiencing these symptoms.

\* Refer to *Emotional Changes* fact sheet for more information.

## BEHAVIOURAL AND PERSONALITY



- Stroke may create behavioural and personality changes impacted by the damage to the part of the brain, which regulates emotions, decision making and judgement.
- Behavioral and personality changes includes aggression, apathy, disinhibition, emotional lability, irritability, and impulsivity.

\* Refer to *Cognitive Issues* fact sheet for more information.

## SEXUAL ACTIVITY



- You may feel worried about engaging in physical intimacy or have a physical impairment that affects intimacy.

\* Refer to *Sexual Intimacy* fact sheet for more information.

## SOCIAL



- The consequences of stroke may restrict your ability to engage your usual social activities.

\* Refer to *Social and Leisure Matters after Stroke* fact sheets for more information.

# Complications after Stroke

After having a stroke, you may suffer from some complications. The stroke care team will take actions early to prevent complications if possible and to detect and treat them early should they occur. Here are some examples of common complications.

## **CONTRACTURES**

It usually occurs when the limbs become fixed in a certain position due to irreversible contraction and fibrosis of the muscles.

## **PRESSURE SORES**

The constant pressure over certain body parts from reduced mobility may cause the skin over that area to break down.

## **MUSCLE SPASTICITY**

Muscle spasticity after stroke may cause your muscle to become tensed and contract abnormally leading to pain.

## **SEIZURES**

Damaged brain cells from stroke may lead to abnormal electrical activity in the brain causing convulsions.

## **INFECTION**

Swallowing impairment can sometimes result in food or fluids entering the lungs leading to pneumonia.

Poor hygiene of genital area may also cause urinary tract infection.

## **DEEP VEIN THROMBOSIS (DVT)**

Formation of blood clots in veins of the legs may occur because of reduced mobility after stroke.

## **SHOULDER SUBLUXATION**

It happens when there is a lack of support of an arm due to weakness. Hanging of the affected arm leads to pulling of the arm from the shoulder at the joint.